



## Baked Potatoes Stuffed with Turkey, Bacon and Cheddar

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

### Ingredients

- 32 oz baking potatoes
- 4 ounces cheddar grated
- 4 slices bacon crumbled crisp cooked
- 0.5 cup milk
- 0.3 teaspoon salt
- 2 scallions light white green chopped
- 0.3 pound turkey sliced chopped

2 tablespoons butter unsalted

## Equipment

bowl

baking sheet

paper towels

oven

aluminum foil

microwave

skewers

## Directions

Preheat oven to 500F and line a rimmed baking sheet with foil. Pierce potatoes with a fork. Arrange on top of paper towels in microwave and cover with damp paper towels. Microwave on high until potatoes are soft when pierced with a skewer, 12 to 14 minutes.

Let stand 2 minutes.

Split potatoes open and scoop flesh into a medium bowl, reserving skins. Stir butter, milk and salt into bowl with potato flesh and mash. Stir in half of cheese and all of turkey, bacon and scallions.

Place reserved potato skins on baking sheet. Stuff mixture back into potato shells and sprinkle with remaining cheese.

Bake until cheese is browned and bubbling, about 8 minutes.

## Nutrition Facts



**PROTEIN 17.82%** **FAT 41.78%** **CARBS 40.4%**

## Properties

Glycemic Index:45.44, Glycemic Load:33.05, Inflammation Score:-6, Nutrition Score:18.028695707736%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## **Nutrients (% of daily need)**

Calories: 432.74kcal (21.64%), Fat: 20.36g (31.33%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 41.2g (14.98%), Sugar: 3.37g (3.74%), Cholesterol: 68.87mg (22.96%), Sodium: 744.39mg (32.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.07%), Vitamin B6: 0.98mg (49.18%), Phosphorus: 390.91mg (39.09%), Potassium: 1176.69mg (33.62%), Calcium: 278.37mg (27.84%), Vitamin B3: 5.3mg (26.48%), Selenium: 17.36µg (24.8%), Manganese: 0.38mg (18.79%), Magnesium: 72.69mg (18.17%), Vitamin B2: 0.31mg (18.16%), Vitamin B1: 0.27mg (18.03%), Vitamin C: 14.06mg (17.04%), Vitamin K: 17.76µg (16.92%), Zinc: 2.36mg (15.76%), Copper: 0.26mg (13.23%), Iron: 2.28mg (12.68%), Fiber: 3.1g (12.42%), Vitamin A: 573.45IU (11.47%), Vitamin B12: 0.67µg (11.15%), Vitamin B5: 1.1mg (11.01%), Folate: 42.89µg (10.72%), Vitamin D: 0.7µg (4.66%), Vitamin E: 0.52mg (3.44%)